

Golden Dragons certify platoons for warfighter skills

1ST LT. TIMOTHY MCCrackEN
1st Battalion, 14th Infantry Regiment
2nd Stryker Brigade Combat Team
25th Inf. Division

KAHUKU TRAINING AREA — Soldiers of 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, conducted Operation Dragon Foothold, here, Oct. 15-25.

More than 447 Golden Dragons took part in the 10-day field training exercise, which was designed to train and certify platoons in ambush, raid, non-combatant evacuation operations, and to improve 1-14th Inf.

Regt. war-fighting capabilities.

“It was something new for us,” said Sgt. Scott Simpson, Company B, 1-14th Inf. Regt. “These were new challenges, because we had been working based on teams, battle-buddy teams and squads, and I think we had really driven those home.

“One of the things we knew we were going to have issues with and confirmed once we got out there was having the squad leaders being led by a platoon leader, instead of us just bounding our own teams,” Simpson added. “We had to wait for the go-ahead from our platoon leader.”

Platoons used a laser-sensor system to create realistic combat training scenarios, and simulated battlefield casualties provided the Golden Dragons an opportunity to practice buddy aid and warrior first-responder skills.

For Pvt. Ryan Dean, Co. B, 1-14th Inf. Regt., one of the greatest challenges of the exercise was navigating through the difficult terrain of the Kahukus to reach the objective.

“In between each mission, we had movements of 1-2 kilometers up and down hills,” Dean said. “It’s a very humbling experience, because you’re going up a 60-degree-incline hill with gravel, and you’re trying your best to keep that 60-pound ruck sack on your back from pulling you back down that hill.

“I was really excited, because this was my very first field problem,” Dean added. “You train as you fight, and you fight to win. The training was really intense; I couldn’t be happier, because I didn’t sign up for it to be easy.”

After each

lane, platoons were given the chance to receive valuable feedback in the form of after-action reviews on how they could have approached the mission and achieved different results.

“Once we had a chance to look back and go through some of the comments that the evaluators had talked to us about, we realized some of the deficiencies that we could work on,” Simpson said.

“While we were there, our platoon definitely bonded going through that together,” Simpson added. “It gave us a good base to know where to go from, so the next time we do platoon-level training, we’ll just be that much further in the game.”

The 1-14 Inf. continues to challenge its Soldiers to become a more cohesive and adaptive unit through training events like Operation Dragon Foothold in order to provide a solid foundation upon which 1-14 Inf. can build and help prepare the battalion for future operations.



Soldiers with 1-14th Inf. Regt., 2nd SBCT, 25th ID, establish a support-by-fire position in preparation for their ambush lane during Operation Dragon Foothold, Oct. 15-25. The 10-day field training exercise was designed to train and certify platoons in ambush, raid and non-combatant evacuation operations and improve the regiment’s war-fighting capabilities. (Photo by Spc. Antonio Huerta, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division) (Photo has been altered from its original form; background elements have been removed.)

9th MSC infantry Soldiers shoot for the sky

SGT. ELIZABETH COLE
9th Mission Support Command Public Affairs

HONOLULU — Expert marksmanship is a common goal for all branches of the military, and among the ranks of the 9th Mission Support Command are two Soldiers who are taking their marksmanship proficiency to the next level.

Master Sgt. Robert Mango, infantry senior sergeant, and Sgt. 1st Class Keith Sanderson, infantryman, both with the 4960th Multi-Function Training Brigade, 9th MSC, are lauded as world-class athletes, consistently bringing home top prizes for their expertise in pistol and rifle marksmanship.

“The stress and mental discipline needed to succeed in competition is very similar to the skills needed to survive in a firefight.”

— **Master Sgt. Robert Mango**
Infantry senior sergeant
4960th MFTB, 9 MSC

As members of various marksmanship teams, including the Army Reserve Marksmanship Team and the U.S. Army World Athlete Program,

Mango and Sanderson most recently won first and second place, respectively, in the 2013 Hawaii State Pistol Championship, held here, Oct. 19-20.

For the better part of a decade, the two have journeyed across America and around the world, participating in a variety of competitions. Among other distinctions, Mango is ranked in the top five of all high-power service rifle and pistol shooters in the U.S., while Sanderson is a two-time Olympian.

Following in each other’s footsteps, both Sanderson and Mango have made marksmanship their life’s passion, each spending eight years in the Marine Corps’ Competition in Arms program before joining the Army’s shooting team and ultimately going into the Army Reserve.

What’s even more interesting is that the two also have the same civilian job and are in the same Reserve unit.

When not on the road competing, Mango and Sanderson spend their days teaching Marines marksmanship at Marine Corps Base Hawaii-Kaneohe Bay.

As warrior citizens in the 4960th MFTB, the two use their expertise to train 9th MSC Soldiers.

“Being a competitor validates what I do when I’m training Army Reserve Soldiers and the Marine Corps,” said Sanderson. “If I’m teaching, I can say, ‘Hey, you know, I’m pretty good. I was in the Olympics.’”

Mango said that with the skills he’s learned shooting in high-level competitions, he’s able

to teach tomorrow’s leaders how to more effectively save lives in combat.

“The stress and mental discipline needed to succeed in competition is very similar to the skills needed to survive in a fire-fight,” said Mango.

In addition to becoming friends, over the years, Mango and Sanderson have developed a mutual respect and hold each other on the highest of pedestals.

“I wouldn’t have had near the success this year without Keith’s influence,” said Mango. “He has a deep-rooted passion to train and win in everything he competes with.”

Sanderson echoed Mango’s sentiments.

“I remember just being totally in awe of Mango’s instructor abilities,” said Sanderson. “He still challenges me to constantly improve as both an instructor and a shooter.”

“If you surround yourself with excellence, you can achieve greater goals and accomplishments,” said Mango.

Contact info

Soldiers who are interested in becoming a competitive shooter can contact Master Sgt. Robert Mango at 257-1766.



Master Sgt. Robert Mango, infantry senior sergeant, 4960th MFTB, 9th MSC, practices his pistol marksmanship. (Photo courtesy 9th Mission Support Command Public Affairs) (Photo has been altered from its original form; background elements have been removed.)

25th CAB validated for rapid deployment during CRF exercise

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade, 25th Infantry Division, conducted a Contingency Response Force (CRF) validation exercise, here, Oct. 21.

The Tropic Lightning Division validated 25th CAB’s ability to rapidly deploy its assets and personnel in support of contingency operations in the U.S. Army-Pacific Command area of responsibility.

“The CAB did a great job of executing all aspects of rapidly deploying,” said Maj. Jeff Huston, actions officer, future operations, Headquarters and Headquarters Battalion, 25th ID.

“This exercise presented us with a better picture on how the process should be executed and allowed us to improve on any weak areas,” Huston added.

This is the second full validation exercise the CAB has completed.

CRF Team 5, comprised of elements from 1st Bn., 21st Inf. Regiment, 2nd Stryker Bde. Combat Team, 25th ID; the Division Assessment Team, Assault Command Post, HHBN; and the division staff, supported the CAB during the



Soldiers from 2-25th Avn. Regt., 25th CAB, 25th ID, prep an UH-60 Black Hawk for a joint inspection before loading it onto a C-17 Globemaster III during a CRF validation exercise, Oct. 21. (Photo by Chief Warrant Officer 3 Mark Leung, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division)

exercise.

To obtain validation, the CAB was measured on its ability to perform equipment load-out, aircraft deployment, container transportation and personnel manifestation.

Prior to departure, a “push” team prepped

each aircraft for a joint inspection before loading them into a C-17 Globemaster III.

“The team did an awesome job of prepping each aircraft,” said Staff Sgt. Lyndale Knight, push team leader, 2nd Squadron, 6th Cavalry Regt., 25th CAB.

“Soldiers from all battalions worked as one to complete the CRF mission,” Knight added.

The exercise strengthened the CAB’s ability to rapidly deploy. It also provided a tool to train the next CAB Aviation Task Force to assume the Pacific CRF role.



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PT WITH A TWIST



FORT SHAFTER — Soldiers and spirited guests from Headquarters and Headquarters Company, 311th Signal Command (Theater) conduct a Halloween-themed costume run in lieu of the company's regularly scheduled morning physical training, Oct. 25. Following the run, the group held an informal award ceremony to vote for the best costume. Later that day, Family Readiness Group leaders from the HHC, 311th SC(T), and HHC, 516th Sig. Brigade, hosted a Trunk-of-Treat event for Soldiers and families. (Photo by Spc. Jacob Khors, 311th Signal Command (Theater))

BRIDGING THE BASICS
Leaders must follow the 3Cs

COMMAND SGT. MAJ. TRAVIS CHERRY
311th Signal Command (Theater)



Cherry

As the Army now endures fiscal uncertainty and a significant reduction in manning the force, today's leaders must ensure we are globally responsive and regionally engaged within our assigned areas of responsibility.

The underlying foundation that supports this globally responsive and regionally engaged construct begins and ends with the 3Cs:

- Character;
- Commitment; and
- Competence.

Ultimately, these three tenets equate to leader development, which provides a solid framework for our Army profession.

As leaders, we must understand the pillars of support — education, training and experience — which reinforce the 3Cs construct, our foundation for a standards-based approach.

As we educate and train our leaders of tomorrow, sharing our experiences and lessons learned (even that “what not to do” advice) can be vital to future success.

To remain relevant in today's arduous operating environment, leaders must maintain a per-

sonal balance to achieve professional relationships, whether they are global or regional. To find balance, leaders must consider the physical, mental, emotional and spiritual characteristics within the human domain. Achieving one's personal balance of these four characteristics is key to professional growth. Once leaders achieve this balance, our talent pool throughout the Army will grow exponentially. This growth is necessary in order to sustain our ever-diminishing workforce.

Another concept that directly supports the standards-based approach of the Army profession is exporting professionalism, thus shaping the mindset of today's leaders. Many leaders ask themselves, “Am I relevant within my area of responsibility?” To remain relevant in today's formation, leader's must analyze, organize, deputize and supervise all aspects of their most valuable asset: the Soldiers who will be the leaders of tomorrow's Army.

Army profession is not a new concept. As the Army adapts to a more stringent fiscal operating environment, the concept remains the same.

Today's leaders must possess the 3Cs. These basic tenets of leadership provide the necessary building blocks for our standards-based approach to Army profession, which reinforces and supports the development of today's leaders and enhances the talent pool.

Leaders at all levels must preserve our nation's most valuable resources — America's sons and daughters.

USPS notes deadlines for 2013 holidays

U.S. POSTAL SERVICE
News Release

WASHINGTON — Making sure those serving in the nation's armed forces receive presents and care packages in time for the holidays is a priority for friends and family members of military personnel serving around the world, and for the U.S. Postal Service.

Helping to get packages on their way, the Postal Service is offering a discount on its largest Priority Mail flat-rate box, at \$14.85. The price includes a \$2-per-box discount for military mail being sent to Air/Army Post Office, Fleet Post Office and Diplomatic Post Office (APO/FPO/DPO) destinations worldwide.

In addition to a lower cost per package, customers can be assured that shipping with the Postal Service provides reliable, trusted and secure delivery to military personnel stationed anywhere in the world.

To ensure timely delivery of holiday wishes by Dec. 25, send cards and packages to military APO/FPO/DPO addresses overseas no later than the following mailing dates:

- Nov. 12, standard;
- Nov. 26, space available;
- Dec. 3, parcel airlift;
- Dec. 3, priority and first-class letters addressed to ZIP codes beginning with 093;
- Dec. 10, priority and first-class letters; and
- Dec. 17, express (except ZIP codes beginning with 093).



Military Care Kit

Delivering holiday cheer to service members worldwide, USPS has created a free Military Care Kit based on the items most frequently requested by military families. The kit contains:

- Two Priority Mail APO/FPO flat-rate boxes;
- Two Priority Mail medium flat-rate boxes;
- Priority Mail tape;
- Priority Mail address labels; and
- Appropriate customs forms.

To order the kit, call 800-610-8734.

Guidelines for packing, addressing and shipping items to U.S. troops can be found at usps.com/ship/apo-fpo-guidelines.htm.

To order flat-rate boxes featuring the “America Supports You” logo, go to store.usps.com.

Postage, labels and customs forms can be printed online, anytime, using Click-N-Ship.

Other Priority Mail flat-rate boxes are available at no cost at local post offices, or can be ordered online at shop.usps.com.



FOOTSTEPS in FAITH

Couples who stay together become happier over time

CHAPLAIN (MAJ.) STEPHEN HOMMEL
500th Military Intelligence Brigade

“Is there hope for my marriage?”

Unhappy married couples often think they have one of two options: stay together and continue to be miserable, or get a divorce. However, there's a third option for happier and more fulfilling marriages.

In the National Survey of Families and Households, conducted by the University of Chicago, Dr. Linda Waite asked couples to rate their marriages on a scale of one to seven, with one being very unhappy and seven being very happy. The survey found that for couples that rated their marriages as very unhappy ones but were still together five years later, 77 percent of those formerly very unhappy campers later rated their marriages as very happy sevens when re-interviewed.

What was the reason for the dynamic turnaround in these marriages after only five years? Was there a special cutting-edge marriage therapy that they had all received? No. In fact, accorded to Waite, many did rela-

tively little — they just stuck it out, and things got better over time.

The most important thing that was learned from this extensive survey was the importance of just hanging in there.

All relationships go through emotional ups and downs — times of happiness and excitement, and times of boredom and fatigue. Life is hard, and the pace is often very fast, but many of the problems that affect couples can be traced to outside pressures like finances, job loss, illness or the demands of young children. As with the surveyed couples, the simple passage of time changed those circumstances. Over time, as they held on, the relationship naturally got better as the outside stresses and pressures abated.

In addition to “sticking it out,” researchers found three other things that most of the couples said helped improve their marriages.

The first was improved communication skills. Many of the couples told researchers that their marriages got better as they started really listening to each other (sometimes a difficult task), with husbands learning to compliment and appreciate their wives, and wives learning to encourage and support their husbands.

The second thing researchers found was how helpful it is when either the husband or wife changed

his/her perspective and adjusted his/her attitude by being kinder, less critical and more accepting of his/her spouse. This is one area that deployment and long separations can help focus military couples on what's really important. It also provides the opportunity for couples not to base all of their happiness on the moods of the other person, or to expect their spouse to make them happy. As Abraham Lincoln said, “Most folks are about as happy as they make up their minds to be.”

The third change that improved these marriages was that the couples had worked out agreed-upon boundaries and standards of acceptable behavior.

Yes, there is hope for your marriage!

In the military community, there are many good resources and programs to strengthen your marriage. Perhaps the best thing you can do for long-term marital happiness is a commitment to simply hold on and hang in. The results of the survey offer strong evidence that many of the stresses marriages face are external, and when conditions change, happiness in marriage dramatically improves over time.

If you would like help in saving a troubled marriage, contact your unit chaplain for confidential pastoral counseling to help you get your marriage back on track.



Hommel

Voices of Ohana

November is Military Family Appreciation Month.

“How do you show your family you appreciate their support and sacrifice?”

Photos by 500th Military Intelligence Brigade Public Affairs



“I take my wife out to dinner at her favorite places every other night.”

Pfc. Carlos Aviles
Intelligence analyst, Co. C, 205th MI Bn., 500th MI Bde.



“I spend as much time as possible with them and provide the best life possible for them.”

Sgt. Brock Baldrige
Intelligence analyst, Co. C, 205th MI Bn., 500th MI Bde.



“I ensure to thank them and spend as much time as possible with them.”

Sgt. Jordan Frederickson
Intelligence analyst, Co. C, 205th MI Bn., 500th MI Bde.



“I buy (my daughter) a lot of toys and spoil her with love.”

Spc. Emily Gianikas
Intelligence analyst, Co. C, 205th MI Bn., 500th MI Bde.



“I make sure I tell my wife and family how much I love them.”

Sgt. Claudia Mendoza
Intelligence analyst, Co. C, 205th MI Bn., 500th MI Bde.



SCHOFIELD BARRACKS — Veterans Day, the annual American holiday honoring military veterans, is observed on and leading up to the Nov. 11 anniversary of the end of World War I’s major hostilities. The following events are scheduled:

Saturday, Nov. 2

•**Waianae Military Civilian Advisory Council Veterans Day Parade**, 9 a.m., Nov. 2, Waianae. U.S. Army-Pacific Soldiers participate in the 31st annual WMCAC Veterans Day Parade, beginning at Pokai Bay Beach Park and moving along Farrington Highway to Waianae Mall, where the annual JROTC drill meet will be held.

Saturday, Nov. 9

•**The Patriot Glow Star Run**, 7 p.m., Nov. 9, Kalaeloa (formerly Barbers Point). Dress up in costume and prepare for 3.1 miles of glowing fun, featuring multiple black-light zones, a glowing finish line tent and hundreds of runners decked out in red, white and blue glow gear. Also planned are on-course DJs and prizes for the best individual, group and patriotic costumes. All proceeds will benefit the U.S. Vets Initiative in Kalaeloa. On-line registration closes Nov. 6; late entries will be accepted race morning. Visit www.patriotrnhawaii.com.

Sunday, Nov. 10

•**Veterans Day Mass**, 11 a.m., Nov. 10, Saint John Apostle and Evangelist Catholic Church in Mililani. All services are invited to the multi-denominational Mass. The colors will be posted before the Mass, and patriotic music will be played.

•**Veterans Day Special**, Nov. 10-11, nationwide. Inns and bed-and-breakfasts across the U.S. and Canada have signed up to participate in the fifth annual B&Bs for Vets program. More than 300 U.S. B&Bs and inns will participate. Visit www.bnbs-forvets.org for participating inns in the U.S.

Monday, Nov. 11

•**Wahiawa Veterans Day Parade**, 10

a.m., Nov. 11, in Wahiawa. The Wahiawa Lions Club conducts its 67th annual Veterans Day Parade, starting from Ka’ala Elementary School and proceeding up California Avenue to the district park. More than 80 units are expected, including the 25th Infantry Division Band, Leilehua and Kalani high school bands, Kanani Oliveira Hula Studio and more.

•**Oahu Veterans Council’s Veterans Day Memorial Ceremony**, 10 a.m., Nov. 11, 2177 Puowaina Drive, Honolulu. U.S. Army-Pacific Soldiers participate in the OVC’s annual ceremony to honor veterans, past and present, for their dedicated service to their country.

•**Mayor’s Veterans Day Ceremony**, 10 a.m., the National Memorial Cemetery of the Pacific at Punchbowl.

•**Governor’s Veterans Day Ceremony**, 1 p.m., Hawaii State Veterans Cemetery, Kaneohe.

•**Kilauea Military Camp Veterans Day Ceremony**, 3 p.m., Nov. 11, Big Island. All active duty personnel, retirees and veterans are invited to attend the ceremony on the front lawn, followed by a Veterans Day buffet dinner, 4:30-8 p.m., at the Crater Rim Café. Lt. Col. Eric Shwedo, commander, Pohakuloa Training Area, will be this year’s keynote speaker, with guest speaker Senior Master Sgt. Makani Miller of the 291st Combat Command Squadron and other guests.

KMS also will be holding an open house, and attendees are invited to enjoy its facilities and services.

Park admission is free. Call (808) 967-8371.

•**Arizona Memorial Veterans Day Sunset Ceremony**, 4:30-5:30 p.m., Nov. 11. The USS Missouri Memorial Association salutes all veterans who selflessly defend our nation and freedom, with a special tribute to the living legacy of the Nisei Veterans of World War II.

This event is free and open to the public, with advance registration; dress code is crisp aloha attire, summer whites or service equivalent. RSVP at <https://www.ussmissouri.org/veteransdaysvp> or 455-1600.

•**U.S. Army Museum of Hawaii Special Hours**, 9 a.m.-5 p.m., Nov. 11. The Fort DeRussy museum is regularly closed on Mondays but will be open on Veterans Day to honor and thank all who have served in the U.S. Armed Forces.

LIFESAVERS



WHEELER ARMY AIRFIELD — Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, joins recipients of the Federal Fire Life Saving Award for a photo op following a short ceremony at the Federal Fire Station, here, Tuesday.

Responders (from left) Lt. John Makua, firefighter; paramedics Jonathan Rodriguez and Anthony Young; and Battalion Chief Neil Fujioka all assisted in a spontaneous rescue operation in Wahiawa, Aug. 12, when an unresponsive 51-year-old driver was discovered in cardiac arrest in his still-running vehicle. Rodriguez and Young forced their way into the man's locked vehicle, administered CPR and delivered the man to Wahiawa Hospital. Their quick work is credited with saving the man's life. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

BRUSH FIRE



SCHOFIELD BARRACKS — A 25th Combat Aviation Brigade, 25th Infantry Division UH-60 Black Hawk douses a hot spot during an aerial attack on a stubborn brush fire, Oct. 26. The fire began Oct. 15 and rekindled Oct 17, lingering until Oct. 24. (Photo by Stefanie Gardin, U.S. Army Garrison-Hawaii Public Affairs)

2-25th Avn. Regt. ‘recovers’ aircraft

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — Flight crews from 2nd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, conducted a personnel recovery exercise, here, Oct. 16, to train the procedures used when recovering a

downed aircraft in a hostile environment. “The (personnel recovery) lane was an excellent training exercise for the unit,” said 1st. Lt. Andre Watkins-Clark, 2-25th Avn. Regt. “It was great to get refreshed on the use of the survival radio and tactical evasion techniques,” Watkins-Clark added. During the exercise, aircrews practiced

removing and destroying sensitive data from the aircraft and operating a locator radio to contact the Joint Search and Rescue Center (JSRC) for extraction. “Using the (radio) to contact the JSRC is something we only get to practice when we are evading,” said Chief Warrant Officer 3 Zachary Wilkerson, 2-25th Avn. Regt. As the crews attempted to contact the JSRC, they also had to evade opposing forces while interacting with passengers onboard the aircraft and advancing to a rally point for evacuation. An ambushed using artillery and .50 caliber machine gun simulators provided a realistic aspect to the training. “Using the simulators were very effective tools for the Soldiers to react to,” Wilkerson said. “The opposing force allowed us the opportunity to make mistakes and change the scene around to interact in different situations.” After reacting to a second ambush, the crews treated their wounded, contacted the rescue aircraft, and were identified by Pathfinders for evacuation. *(Editor’s note: 1st Lt. Crystal Karp, unit public affairs representative, 2-25th Avn. Regt., co-authored this story.)*



Sgt. Christopher Rouse (right) assists 1st Lt. Andre Watkins-Clark across a stream during personnel recovery lane training, Oct. 16. Both are with 2-25th Avn. Regt., 25th CAB, 25th ID. (Photo by 1st Lt. Crystal Karp, 2nd Battalion, 25th Aviation Regiment Public Affairs, 25th Combat Avn. Brigade, 25th Infantry Division)

Wolfhounds’ mortars compete for best

Story and photo by
2ND LT. HANNAH SMITH
1st Battalion, 27th Infantry Regiment
2nd Stryker Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, held a best mortars section competition, Oct. 22-24. Over the span of three days, mortar sections from each company competed in six different events related to physical fitness, teamwork and mortar knowledge to determine the most adept section. “This competition was originally planned as a culminating event during our time at Pohakuloa Training Area on the Big Island,” said 1st Lt. Pete Hamill, battalion mortar platoon leader, 1-27th Inf. Regt. “But because our training there got temporarily halted, we decided to host it here, on Schofield, and add more physical events

to make up for some of the mortar events we couldn’t conduct,” Hamill explained. Those events consisted of the Wolfhound Athlete Regiment (WAR) assessment, a land navigation course at East Range, an obstacle course on Schofield Barracks, a practical gunnery test, a 10-mile road march and a written gunnery test. The WAR consisted of shuttle runs, a standing broad jump, a 4-kilogram medicine ball throw, a 225-pound dead lift, pull-ups, metronome push-ups, the heel clap and a 185-pound bench press. “After completing the nine events, we also added a 50-burpee-and-three-400-meter sprint challenge, and your time only ended when everyone in the section finished,” Hamill said. “The biggest thing about the whole competition was teamwork and ensuring everyone on the team was competent,” said Sgt. 1st Class James Cox, battalion mortar platoon sergeant, 1-27th Inf. Regt. “For the 10-mile road march, the entire section had to finish together,” Cox explained. “For the layout after the road march, if one Soldier in the section was missing an item, then the whole section was disqualified.” Teamwork was evident when a member of Headquarters and Headquarters Company’s mortar section injured his foot during the road march. The Wolfhound completed the road march with his team while other members traded turns carrying his pack. Practical and written gunnery exams were the biggest deciding factors of who became the best mortar section. Each section was tested on setting up and completing a fire mission with 60-mm and 81-mm mortars. A written test was also given specifically to gunners or specifically to fire direction controllers immediately after the road march. After calculating the results, HHC Section 1 Mortars was named best in the Wolfhounds. The section hopes to keep the title when mortar sections are tested individually next quarter.



Sgt. Michael Hansen (right) checks the accuracy of a fire mission with assistance from Pfc. Cordai Hamilton and Pvt. 1st Class Matthew Reynolds (kneeling) during a practical gunnery exam. The three are with the mortar section, Co. B, 1-27th Inf. Regt., 2nd SBCT, 25th ID.

196th Inf. holds LPD

MAJ. ANDREW VISSER
196th Infantry Brigade (Theater Support Battalion)
AIEA — Interested in training that starts with explosives and ends with a hike? Capt. Joshua Haller’s engineer team from Support Battalion, 196th Infantry Brigade (Theater Support Bn.) did just that when they conducted an informative leader professional development (LPD) session for the benefit of the battalion’s partner units within the Reserve Component at Aiea Loop. The LPD focused on explosive and demolition fundamentals and was the first in a series of training events designed to enhance the technical expertise of Haller’s engineer team and those of his supported units. “Today’s goal was to provide training for my team that focused on supporting our partner units’ mission,” said Haller. “As we continue to perform these LDPs, we will continue to focus on our partner units’ training objectives to ensure that we will be prepared to assist when requested.”

The Support Bn. is a training support battalion consisting of active duty personnel from the 9th Mission Support Command, U.S. Army Reserve and the Hawaii National Guard. Its mission is to assist its partner units in executing a deliberate training progression to better prepare for deployment to a combat theater or allied nation in order to conduct a multinational exercise in support of Pacific Command’s Theater Security Cooperation Program. Sgt. 1st Class John Taman, primary instructor, set up different demolition training aids prior to a general overview of the types of explosives routinely used by combat engineers. He identified the preferred explosive used for breaching, hole cutting or cratering, and demonstrated how to find the relative effectiveness factor value for each, which is an explosive’s blasting strength as compared to TNT. The engineers advanced to the hands-on portion of tying demolition knots and priming explosives. Participants were shown how to prime explosives by using an uli knot or a double overhand knot tied with detonating cord. Taman also explained how to tie rope into a ring main in order to set off multiple explosives in different locations. Sgt. 1st Class Angel Aponte then instructed the group on the different types of modernized demolition initiators. He provided a brief background of why the Army transitioned from using electric initiators to today’s initiators. As he presented each type of initiator, Aponte explained in detail how and why different initiators are employed in different scenarios. At the conclusion, Aponte quizzed the students to ensure they had a working knowledge of initiators. “Overall, the training was a great success,” said Haller. “It helped the Soldiers improve their partnership capabilities while increasing their technical skills and enhancing Support Battalion’s ability to accomplish its mission.” After exercising their brains, the engineers concluded training with a hike of the Aiea Loop Trail.

Cancer survivor credits family, friends for her strength

SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Some define the “Army Strong” slogan with one’s level of physical fitness, while others embrace the slogan mentally, with challenges like a stressful deployment.

Others, like Chief Warrant Officer 3 Lisa StandingBearTerrones, senior ammunition tech, 45th Sustainment Brigade, 8th Theater Sust. Command, take on cancer ... and win.

With bright eyes and an even brighter smile that creeps across her face whenever she’s asked about her family, StandingBearTerrones displays a rare strength few can match.

As soon as anyone meets her, they see it in her eyes — eyes that hide a long and challenging journey.

Her story began with a mandatory mammogram that every female in the military must get before they turn 40 years old. At 39, the energetic warrant officer didn’t think much of the test. While stationed in Okinawa, Japan, she went in for the routine exam in early 2010.

“I had felt a lump before the mam-



EL PASO, Texas — Chief Warrant Officer 3 Lisa StandingBearTerrones (second from left) poses with family members after competing in the Susan G. Komen Race for the Cure, May 2012. (Photo courtesy Chief Warrant Officer 3 Lisa StandingBearTerrones, 45th Sustainment Brigade, 8th Theater Sust. Command)

mogram,” she said, “but they assured me at the time that everything was fine.”

Like many women, she initially brushed off her concern. Still, something didn’t feel right.

After her May 2011 transfer to the 15th Sust. Bde. at Fort Bliss, Texas, StandingBearTerrones requested an-

other mammogram.

The weeks that followed would change her life forever.

“I got a message in the mail telling me to come back to the clinic for an ultrasound,” she said. “I thought, ‘This never happens! I never get callbacks from the doctor!’”

A biopsy and ultrasound revealed

stage one estrogen-positive breast cancer.

“It takes a week for the tests to come back,” StandingBearTerrones explained, tears welling in her eyes. “You don’t know what you’re going to do, what the treatment is, what stage it is, what type it is ... It’s very nerve-racking.”

Still in shock over the diagnosis, she worked with her doctor on how to proceed with the cancer treatment. After careful research, StandingBearTerrones elected to do chemotherapy combined with a lumpectomy to reduce the risk of the cancer returning.

The chemotherapy left her extremely tired. Luckily, she said she had solid support from her family. Her husband, another chief warrant officer 3, encouraged her to go back to work and be strong with the diagnosis. She also had a great support team at work.

“My whole chain of command was very supportive,” StandingBearTerrones said. “There were days I would come home from chemo treatment with horrible pain in my back. Sometimes it was just too much to handle with a full workday.”

One person in particular really

helped her through the battle: 1st Sgt. Dawn Wright, herself a breast cancer survivor, was familiar with the challenges StandingBearTerrones faced.

“I was very lucky to have her,” said StandingBearTerrones. “It’s very unusual to have a breast cancer survivor in the same unit as you. The fact that she was military and understood what I was going through really helped me through my treatment.”

During her first chemotherapy session, StandingBearTerrones was on edge. When they started the bag of chemo, she began crying. One of her favorite memories was Wright’s reaction.

“(Wright) gently lifted her magazine, jokingly hit my head and said, ‘Why are you crying? No worries, you will get through this, and live to see your grandchildren grow up!’”

Cancer-free for more than a year and a half now, StandingBearTerrones makes it her mission to educate others on cancer.

“Every time I go in for a checkup, I bring pamphlets and information for my section,” she said. “I ask the guys if they’re married and say, ‘Give this to your wife!’”

Exposure to domestic violence affects children later in life

JASON LEDFORD
Army Community Service
Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Children are like camcorders; from the moment they’re born, they watch and record everything around them. This includes the good and the bad. This is how children learn.

Unfortunately, some children witness and record acts of domestic violence.

In one study, Dr. B.E. Carleson estimates that 3.2 million American children witness incidents of domestic violence annually. This exposure has severe consequences, like long-term effects that impact a child emotionally, physically or behaviorally.

According to the Domestic Violence Roundtable (a Massachusetts nonprofit group), some children may experience sleep distur-

bances. Further, children experience physical responses that may include stomachaches, headaches, bedwetting and loss of the ability to concentrate, as well as emotional responses that can include fear, guilt, shame, sadness, depression and anger.

A Department of Health and Human Services study states: “Children in families experiencing domestic violence are more likely than other children to exhibit aggressive and antisocial behavior or to be depressed and anxious.”

Unfortunately, children who are exposed to domestic violence accept violence as a normal and acceptable behavior. Some roundtable researchers even suggested that a history of family vio-

lence or abuse is the most significant difference between delinquent and non-delinquent youth. Thus, children exposed to domestic violence may become victims, abusers or have mental health problems in the future.

Children learn by watching. It is everyone’s responsibility to ensure that children are learn-

ing healthy behaviors.

If you know or suspect a child is exposed to domestic violence, please intervene by calling 911 immediately.

Children are our community’s most precious resource, and it is everyone’s responsibility to protect them and our future.



Domestic Violence

October was Domestic Violence Awareness Month. This year’s theme was “End Domestic Violence — Recognize it. Report it. Prevent it.”

The Army defines domestic violence as an offense under the United States Code, the Uniform Code of Military Justice or state law that involves the use, attempted use or threat-

ened use of force or violence against another person.

If you are an adult experiencing domestic violence, call the 24-hour SAFEline at 624-SAFE (624-7233) to speak with a victim advocate.

Army Community Service offers educational briefings and classes about domestic violence and child abuse. For more information, contact the Family Advocacy Program at 655-4ACS (655-4227).

USACE-HD awards \$196.3 million in FY13 contracts

U.S. ARMY CORPS OF ENGINEERS
Honolulu District Public Affairs

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District recently completed a very successful fiscal year 2013, during which 513 contract actions were awarded, totaling \$196.3 million.

Honolulu District contract actions signify the Corps’ commitment to provide high-quality facilities to the U.S. Armed Forces and to protect and improve the lives of the people of Hawaii and the region.

USACE-HD is committed to building projects that improve the quality of life for service members and their families, as well as providing jobs that stimulate the local economy.

Significant Corps contracts awarded in FY13 included the following:

- Munitions & Explosives of Concern Removal Action & Supporting Functions, Former Waikoloa

Maneuver Area, Area D, Waimea, Hawaii Island. Awarded Sept. 4, 2013, to Environet, Inc, Kamuela, Hawaii Island, a SBA-certified Hub Zone.

- Repair Castner Substation, Schofield Barracks, Oahu. Awarded Sept. 26, 2013, to Atwood Hay Incorporated, Roseville, Calif., in a firm-fixed-price contract. FY13 Army Operations and Maintenance funds were being obligated on this award.
- OMA Renovation of the Aloha Center, Building 690, Schofield Barracks, Oahu. Awarded Sept. 30, 2013, to Hawaii Dawson Technical, LLC, Honolulu, Oahu. Funding is from FY13 Army Operations and Maintenance funds. U.S. Army Corps of Engineers-Engineer Support Center,

Huntsville, Ala., was the contracting activity that made the award.

- Pioneer Contracting Company Ltd., Wahiawa, Oahu, and Hawk Contracting Group LLC, Montrose, Colo. Awarded a firm-fixed-price, Multiple-Award, Task-Order Contract with a maximum amount of \$49 million for construction services within the Honolulu District area of responsibility.

In support of its Small Business Program, the Honolulu District awarded \$114.9 million, or 59.6 percent of its total FY13 new contract and task order dollars, to small businesses. This exceeded the yearly Corps of Engineers small business contract award goal of 43.3 percent.


Additionally, USACE-HD exceeded its goals in the following small business subcategories:

- Small Disadvantage Business, 36.7 percent; goal was 18 percent.
- Historically Underutilized Business Zones, 12.4 percent; goal was 7 percent.
- Woman Owned Small Businesses, 18.4 percent; goal was 5 percent.
- Small Disabled Veteran Owned Small Businesses, 5.5 percent; goal was 4 percent.

The Small Business Program is structured to provide small businesses with enhanced opportunity to acquire Department of Defense contracts. Procurements are often set aside for the purpose of encouraging and developing small businesses to grow and prosper.

Contracting with these firms strengthens the economy, generates competition, creates innovations, provides more jobs than any other sector, and enhances good business practices.

NEWS Briefs



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

TSP Outage — The “My Account” section of the Thrift Savings Program website will be down for scheduled maintenance from 9 p.m. Eastern Standard Time. During this time, TSP participants will not be able to access their accounts. This maintenance is expected to last approximately seven hours, and access will be restored as soon as possible. Visit <https://www.tsp.gov/whatsnew/outages/scheduledOutages.shtml>.

5 / Tuesday

SMA Town Hall — Sgt. Maj. of the Army Raymond Chandler III will discuss maintaining the Army’s combat edge, resiliency, rebalancing and leader development. All Soldiers, Department of the Army civilians and spouses of Army North are in-

12 / Tuesday

Suicide Prevention — Dr. Michelle Linn-Gust will discuss understanding the language of suicide at 9:30 a.m., Nov. 15, Schofield Barracks’ Sgt. Smith Theater, and at 9:30 a.m., Nov. 15, at Building 1554 auditorium on Fort Shafter Flats.

The discussion is open to all Soldiers and Army civilians. Call 438-4173 or visit <https://portal.usarpac.army.mil/staff/g1/USARPACSUICIDEPP/Pages/USARPACSUICIDEPP.aspx>.

Road Reconstruction

— Parking stalls on the southbound side of Schofield Barracks’ Beaver Road will be closed, today-Nov. 15, for reconstruction.


18 / Monday

Beaver Road Reconstruction, continued — Beaver Road, between Trimble and McMahon roads, will be closed for reconstruction, 7 a.m.-4:30 p.m. Project schedule is subject to change, pending weather delays. Appropriate safety signs and barriers will be in place.

26 / Tuesday

USPS — Today is the first APO mailing deadline of the 2013 holiday season. See related story, p. A2.

Traffic Report



For the complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today

Air Traffic — The Hawaii Department of Transportation advises Honolulu and Ewa residents of an expected increase in aircraft traffic over the area due to overnight airfield maintenance work at Honolulu International Airport, until Dec. 18. Flight patterns will increase air traffic over downtown Honolulu and the Ewa plains.

Safety Inspections

— A new vehicle safety inspection program began Oct. 28 to create

4 / Monday

Valley Loop — There will be a lane closure on AMR’s Aliamanu Drive near Valley View Loop, 8 a.m.-4 p.m., through Nov. 8, for a contractor to perform required drainage improvement work.

HMR Closure

— There will be partial and complete road closures on Paalaa Uka Pupukea Road, 8 a.m.-4:30 p.m., weekdays, from Apono to Kai Ehu courts and from Kai Ehu to Ka Ni’o courts.

9 / Saturday

TAMC Road Closure — There may be a daily partial road closure, 8:30 a.m.-2:30 p.m., until the end of November, on Tripler’s Krukowski Road, near buildings 102 and 104. One lane will be open for two-way traffic.

12 / Tuesday

AMR Closures — A lane closure will be implemented on Aliamanu Drive, near the hairpin turn just south of Valley View Loop, 8 a.m.-3 p.m., until Nov.14, and near Hibiscus Street, 8:30 a.m.-3:30 p.m.



OPERATION Rising Star

3rd

Spc. Eulogio Montes, Headquarters and Headquarters Company, 1st Bn., 21st Inf. Regt., 2nd Stryker BCT, 25th ID

1st

Army spouse Joyce Severino

2nd

Sgt. 1st Class Deighton Little, 2-27th Inf. Regt., 3rd BCT, 25th ID

FRG spirit leads Wolfhounds to talent contest wins

Story and photos by

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Buoyed by a pair of talented singers supported by a raucous cheering section, Company F, 2nd Battalion, 27th Infantry Regiment, "Wolfhounds," 3rd Brigade Combat Team, 25th Inf. Division swept the top two spots at U.S. Army Garrison-Hawaii's 2013 Operation Rising Star Competition, here, Oct. 24.

Winner Joyce Ann Severino rocked the Nehelani with a pair of Whitney Houston pop classics, "What Will Be" and "Run to You," to win the \$500 first-place prize.

With the win, she also becomes eligible for selection to the upcoming Installation Management Command's Army-wide finals. A video of Severino's winning performance will be sent to Family and Morale, Welfare and Recreation headquarters for finals consideration. A team from Army Entertainment will select the top 12 contestants to travel and compete in San Antonio in early December.

The Schofield Barracks spouse is hopeful about her selection to the finals, as is her husband, Sgt. Jesus Severino, Co. F, 2-27th Inf.

Regt., who talked about how his wife's talent is constantly on display around the house.

"She loves it (to sing), and we support her 100 percent," said Sgt. Severino.

Severino, who was born and raised in the Philippines, has been singing since she was 8 years old; she began receiving voice training when she was 15.

In fact, Sgt. Severino said he is still shocked

Escobelo said.

Finishing second was Sgt 1st Class Deighton Little, also from the 2-27th Inf. Regt., who also dazzled the large and supportive audience by showing his musical range, from pop to country to reggae music, during the course of the competition.

Like Severino, Little described his love of singing and music as central to who he is.

"(Music) is the biggest part of my life," wrote Little, a husband and father of two, in his contest bio sheet. "I can't live without it."

Both Severino and Little were approached immediately following the competition about making appearances on local radio.



Winner Joyce Severino enjoys a moment with 22-month-old daughter Jessica Severino prior to being named the winner.



Joyce Severino receives a congratulatory hug from Sgt. 1st Class Deighton Little as she is named the winner of the competition, Oct. 24. Third-place finisher Spc. Eulogio Montes (left) looks on.

to see his wife being recognized and asked for autographs when she returns to her hometown of Marakura, the Philippines, where she began singing as a youngster in her local church.

Severino also has a big fan base in Hawaii, a portion of which was very much evident at the finals.

"Outstanding!" proclaimed Chief Warrant Officer Lucia Escobelo, 307th Expeditionary Signal Bn., 516th Sig. Brigade, following Severino's second performance of the night, which brought many in the crowd to their feet.

"I knew that's what she was capable of doing,"

They've got spirit!

Members of the Wolfhound ohana were not finished scoring victories at the Operation Rising Star finals following the first- and second-place victories of Joyce Severino and Sgt 1st Class Deighton Little, respectively.

The Family and Morale, Welfare and Recreation Rising Star program, designed to emulate the successful "American Idol" television show format, gave audience members ballots to help judges choose the winners.

In addition, a unit "Spirit Award" was to be presented to the unit/Family Readiness

Group (FRG) that demonstrated the most enthusiasm.

To the surprise of no one, the judges gave the \$300 grand prize donation to the group from Company F, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division.

Also beefing up the Wolfhounds' unit funds was Little's \$250 cash prize for his second-place finish.

That money, friends said, has already been committed to an upcoming FRG family event gathering, capping the winning night for the battalion.



Army spouse Joyce Severino (holding check) celebrates after being named USAG-HI's Operation Rising Star winner and receiving a winners check of \$500, seen here with friends and family members, including husband Sgt. Jesus Severino (back row, center), 2-27 Inf. Bn.



The 2-27th Inf. Bn. "Wolfhounds" FRG ohana, including contest winner Joyce Severino and second-place finisher Sgt. 1st Class Deighton Little (both holding the check), earned the \$300 Spirit Award for USAG-HI's 2013 Operation Rising Star competition.



Briefs Today

Winter Golf Sale — Leilehua Golf Course Pro Shop’s annual winter sale begins Nov. 1. All items will all be 10-50 percent off through Dec. 31. Sale does not apply to special orders. Call 655-4653.

Christmas Lights Trolley Tour — Leisure Travel Services will be selling tickets, beginning Nov. 1, for Honolulu City Christmas Light Trolley Tours, 6 p.m., Dec. 9 and 17. The 90-minute tour departs from FS; cost is \$13, with limited seating available.

2 / Saturday

2014 Pro Bowl Tickets — Sale begins at the SB Leisure Travel Services location only, at 8:30 a.m., Nov. 2. Remaining tickets will then be sold at both the SB and FS locations for the Jan. 26, 2014, game at Aloha Stadium.

Tickets cost \$50-\$135 and are sold on a first-come, first-served basis. Limit of eight tickets per military ID card; ticket purchaser must have a military ID, be at least 18 years old and be in line (no stand-ins). Call 655-9971 for further information.

Ladies Golf Clinic — Ladies can experience a free, 30-minute golf lesson at Leilehua Golf Course from PGA professionals. By appointment only, call 655-4653.

3 / Sunday

NFL Sundays — SB Tropics Warrior Zone offers all the NFL games. Facility opens half-hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

Kolekole Sunday Football — Doors open 30 minutes before kick-off of first game. Breakfast tailgate buffet \$5 until noon; pupu and crowd pleasers starting at 11 a.m. Games and prizes throughout the morning. Are you SB Kolekole’s hardest working fan? Punch in every time you

SESAME STREET COMING



Grover, Cookie Monster, Katie, Elmo, Honker and Rosita sing and dance for service members and their kids during The Sesame Street/USO Experience for Military Families kick-off performance at Scott Air Force Base, last year. The show comes to Schofield Barracks for 2 and 5 p.m. performances, Nov. 16, at Sgt Smith Theater.

The new character, Katie, is a military kid on Sesame Street who is moving to a new home and deals with relocation issues. The show is free admission for military families and their children. Open seating will be offered on a first-come, first-served basis; no tickets required. Doors will open 30 minutes prior to showtime. Contact 655-0111/0113. (USO Photo by Fred Greaves)

watch football at Kolekole and get a chance to win a 32-inch TV at the Super Bowl party. The fan with the most clocked hours by Jan. 30, 2014, wins. Call 655-4466.

4 / Monday

Schofield Bowl Special — Mondays, except holidays, 9 a.m.-10 p.m., through Dec. 30, Schofield Bowl will offer “Monday Dollar Days,” with a \$1 game of bowling, shoes, nachos and hot dogs. Call 655-0573.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

5 / Tuesday

FS Preschool Story Time — Take your toddlers to the library, different theme and story each week at 10 a.m., every 1st and 3rd Tuesday of the month.

Stained Glass Workshop — SB Arts and Crafts Center instructors teach, 5-8 p.m., Nov. 5, the basics of foil assembly as you select, cut and solder glass into a charming island-theme sun catcher. Workshop cost is \$60 and includes all supplies, except glass. Call 655-4202.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

6 / Wednesday

Sgt. Yano Library — Catch Preschool Story Time at the SB library, 10 a.m., each 1st and 3rd Wednesday of the month. Features a different theme and story. Call 655-4707.

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Wednesdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for registration.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:
•North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

8-Ball Pool and Ping Pong Tournaments — Join this popular weekly competition, starting at 6 p.m., Wednesdays, at SB Tropics Warrior Zone. Monthly champions crowned last Wednesday of the month. Free to play. Call 655-5698.

6 / Thursday

Knitting Class — Learn the basics of knitting and complete “Grandma’s Favorite Dishcloth” as your first project at SB Arts and Crafts Center. First class is \$25 (includes yarn and needles); additional classes are \$5 each. Call 655-4202 to register

Tropics Poker Tournament — Texas Hold’em poker, 6 p.m., at SB Tropics Warrior Zone, every Thursday. Call 655-5698.

15 / Friday

Lei-Making Workshop — SB Arts and Crafts Center hosts the Hawaiian tradition of lei making every third Friday of the month from 1-3 p.m. Call 655-4202

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

2 / Saturday

Jazz Festival — King Inifiniti Pacific Rim Jazz Festival, 3-10 p.m., Nov. 2, at The Hawaii Convention Center. Tickets can be purchased at TIX.com. Visit www.pacificrimjazzfestival.com.

5 / Tuesday

SMA Town Hall — Sgt. Maj. of the Army Raymond Chandler III will discuss maintaining the Army’s combat edge, resiliency, rebalancing and leader development. All Soldiers, Department of the Army civilians and spouses of Army North are invited to address topics of community interest, 1 p.m., in Sgt. Smith Theater, SB.

Family Night Programs — AMR and SB chapels invite the public to family night programs. The weekly event features dinner, classes and activities for children ages 4 through high school, and adults.

A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC.

Weekly schedule follows:
•AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.
•SB Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m. Call 833-8175 (SB) or 839-4319 (AMR).

6 / Wednesday
“**The Mikado**” — Hawaii Opera Theatre’s Opera Express features this family-friendly adaptation of Gilbert & Sullivan’s comic operetta, 7 p.m., for one performance. The HOT annually streamlines full-length operas into kid-friendly introductions to the world of classical opera. Call the box office at 528-0506

7 / Thursday

Hawaiian Culture — IPC offers Hawaiian culture classes and activities, 4 p.m., every first Thursday of the month at SB Kaena Community Center, 5485 Gallup St. Free to IPC residents. Call 275-3159 or email events@ipc.hawaii.com.

9 / Saturday

ASYMCA Father/Daughter Dance — SB Nehelani hosts this annual event, 5-9 p.m., Nov. 9. Activities include face painting, buffet dinner, dancing, picture taking and balloon twisting. Cost is \$60 for every father/daughter pair, and \$20 for each additional daughter. Call ASYMCA at 624-5645 or visit ASYMCA at 1262 Santos Dumont Ave., Bldg. 122.

10 / Sunday

Suicide Prevention Walk — The American Foundation for Suicide Prevention will conduct Hawaii’s first Out of the Darkness Community Walk at Kaka’ako Waterfront Park. Visit www.afsp.org or call 772-2992.

11/ Monday

Veterans Day Train Rides — A round-trip ride from Ewa to Kahe

Point leaves approximately 9:30 a.m., Nov. 11, and lasts 90 minutes. Seats range from \$8-\$12. Visit www.4ewa.org.

12 / Tuesday

North SIM — The North Spouse Information Meeting is 10-11 a.m., Nov. 12, at the SB Nehelani.

13 / Wednesday

South SIM — The South Spouse Information Meeting is 9-10 a.m., Nov. 13, at the FS Hale Ikena.

14 / Thursday

Health and Wellness Fair — TAMC will host a World Diabetes Day Health and Wellness Fair, 11:30 a.m.-2 p.m., Nov. 14, at the TAMC Ambulatory Care Center lobby. Free diabetic education, healthy eating tips, foot exams and flu shots. Free parking, with shuttle service. Call 800-214-1306.

15 / Friday

Holiday Card Lane — Unit entry forms should be completed Nov. 15, and sponsoring unit/staff office/agency should purchase supplies to provide necessary labor, materials and funding for display. Both SB and FS host the holiday lane card competition for display, Nov. 25-Jan. 6, 2014.

Entry forms are located at the FMWR website, himwr.com, or call the FMWR Special Events office, 655-0113.

Awards for best presentations will be presented at the Holiday Tree Lighting ceremonies Dec. 3 (SB) and Dec. 5 (FS).

30 / Saturday

Hawaii vs. Army Football — College football kick-off is at 6 p.m.,

Nov. 30, at Aloha Stadium, featuring the University of Hawaii Warriors. Active duty military, DOD civilians and retired military eligible for 50 percent discount on select adult tickets (eight maximum) to all UH home sporting events. Valid ID required when purchasing tickets at event. Visit www.hawaiiathletics.com.

Ongoing

New DOE Website — The Hawaii Department of Education’s new website has a section specifically for military families. Visit www.hawaiiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/Home.aspx.

Veterinary Treatment Facility — The SB Veterinary Treatment Facility is now seeing patients five days a week, with extended hours every third Wednesday of the month, until 7 p.m.

Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

Free Study Programs — In alliance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide. Students select the training they need. Call (951) 256-4076.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
- 8:45 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 10:45 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Don Jon

(R)
Fri., Nov. 1, 7 p.m.

Cloudy with a Chance of Meatballs 2

(PG)
Sat., Nov. 2, 2 p.m.
Sun., Nov. 3, 6 p.m.

Insidious Chapter 2

(PG-13)
Sat., Nov. 2, 6 p.m.



Planes

(PG)
Sun., Nov. 3, 2 p.m.

Parkland

(PG-13)
Thurs., Nov. 7, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Cheerleaders and uniformed flag football participants storm the field to the cheers of parents and family members in a rousing opening ceremony, Saturday. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

CYSS youth flag football season begins with pro flair

SERENA VALDEZ
Contributing Writer

SCHOFIELD BARRACKS — Football fever is upon U.S. Army Garrison-Hawaii.

In a ceremony at Watts Field, Saturday, nearly 400 boys and girls ages 5-13 welcomed the start of youth flag football season by running through inflatable tunnels complete with banners, fog machines and screaming cheerleaders, whose season also started Saturday.

The 25 co-ed teams and 15 cheer squads are part of the Army Hawaii Child, Youth and School Services Sports and Fitness Programs, aimed at providing children from military families a place to have fun and participate in competitive sports.

“We’re actually one of the largest programs at the Army, worldwide,” said Brendyn Agbayani, CYSS youth sports director.

“In 2010, we won the Youth Sports Excel-

lence Award (through the National Alliance for Youth Sports), beating out other military branches,” Agbayani noted.

The ceremony, here, certainly was worthy of the National Football League, as former Dallas Cowboys tight-end Doug Cosbie, who is now head coach at Kamehameha Schools, served as special guest speaker for the event.

“Every ceremony, we try to get a guest speaker who had influence in our community or was big in the sport,” said Agbayani, who is looking forward to this football season and the success of the program.

“We feel good. Our numbers are steadily increasing, and we have a lot of good coaches who best represent our program. We couldn’t do this without their support and the team moms’ support,” Agbayani said.

Games are every Saturday at either Watts Field or Aliamanu Military Reserve.

The eight-game season ends Dec. 21.

Sports day encourages participation, families

OPHELIA BITANGA-ISREAL
Army Community Service
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — On Saturday, Nov. 2, the Army Community Service (ACS) Exceptional Family Member Program (EFMP), in partnership with the Directorate of Family and Morale, Welfare and Recreation SKIES and Edge programs, will host Family Sports Day at the newly renovated Stoneman Athletic Complex, here.

The event will allow all military youth an opportunity to participate in an athletic setting, regardless of experience or ability, and without the pressure of competition.

At least eight “clinics” will be set up to expose youth to different sports and to practice basic athletic skills. At the football clinic, youth can learn the fundamentals of throwing, kicking and receiving a football. For basketball, the focus will be on dribbling and passing.

“Not every child will have the athletic ability of (professional basketball player) Michael Jordan,” said Leonard Webster, ACS EFMP coordinator, “but that shouldn’t prohibit him or her from trying the sport or enjoying the game.”

The idea that athletic development should be encouraged at all levels of ability is not new. Special Olympics Hawaii, a partner of ACS EFMP, maintains the philosophy that, through sports training and competition, people with intellectual disabilities benefit physically, mentally, socially and spiritually, with the belief that families are strengthened and that the community, at large, can partic-

ipate in and observe an environment of equality, respect and acceptance.

It’s this philosophy that helped shape Family Sports Day, here.

“The benefit that comes from a positive social interaction with peers is far more valuable than how well a child throws a ball,”

Webster said. “In fact, it might be the best benefit of all.”

While the event provides athletic experimentation and initial skill development, it also allows for an atmosphere of inclusion, a pervasive theme for ACS EFMP, and the cultural val-

ue of the garrison.

At the R-Word rally conducted in March of this year, Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, stated that the rally — an event focused on the elimination of the derogatory use of the word retard(ed) — was about building a community that is inclusive and accepting of all members.

Family Sports Day is a “participation by choice” event that allows youth to select any or all of the sports that interests him or her.

Parents or guardians are asked to accompany the youth to encourage his or her involvement, both with a sport and with the youth’s peers.

ACS Family Sports Day

Family Sports Day is open to all military families. For more information, call 655-4ACS (655-4227) or visit www.himwr.com.

